



Tools For Action

A sample of physical education initiatives in Wisconsin

Fitness Friday

Contact Information

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Hortonville Middle School
School District Name
Hortonville Area School District
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Program Information

Program Name
Fitness Friday
Program Category
All school PE events or activities
Grade Level
6-8
Assessment Method
Fitness indicator (test scores, miles walked)

Program Information

Products Developed or Materials Used:

Program Description:

Heart rate monitors and pedometers are worn every Friday to do a personal exercise program.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:
<http://dhfs.wisconsin.gov/health/physicalactivity/>
or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajq@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)